

# START SMART SPORTS DEVELOPMENT

Start Smart was developed to assist young children in learning the basic skills necessary for a successful first time experience in organized sports.

It allows children the opportunity to work one-on-one with their parent/guardian and teaches children a variety of basic skills. These programs meet weekly for one hour. The first session for each sport will be a parent informational meeting to introduce the parents to the Parks and Recreation staff and go over the goals and format of the program. Exercises become increasingly more difficult as the class progresses and the children show improvement.

## START SMART FOOTBALL

**Skill stations:** throwing, catching, kicking/punting, and running/agility/flag pulling.

**Ages:** 4 - 6 year olds

**Equipment Needed:** a mini football, flag belt, four cones and a kicking tee.

**Enrollment Limit:** 20 parent/child groups

**Enrollment Minimum:** 10

**Program Begins:** Wednesday, September 2

**Program Length:** 8 weeks, 7 lessons

**Location:** Optimist Sports Complex

**Registration Deadline:** August 7

**Fee:** \$21 **\*Late Fee:** \$26

**Activity Number:**

422191-2

**Day:**

Wednesday

**Time:**

5:45 p.m.

422191-3

Wednesday

7:00 p.m.



### Order Equipment

If you would like to purchase an individual football participant kit instead of providing your own equipment, you may order one through Parks and Recreation. The kit includes: one mini football, one red or yellow flag belt, four cones, one kicking tee and a Participant Manual. Kits will be handed out at the parent meeting.

**Activity Number:**

422192-1

Football Kit

\$26

Individual items may be purchased. To order or for price listing, please call 634-6491.



### **\*LATE FEE**

Registrations received after 5 p.m. on the designated deadline date for a program are not guaranteed placement in the program.

Fees will increase for those allowed to register after the deadline where there is still space available.



## START SMART BASKETBALL

**Skill stations:** dribbling/ball handling, shooting, passing/catching, and running/agility.

**Ages:** 3 - 6 year olds

**Equipment Needed:** one mini basketball, one soft basketball (rubber or cloth), and four cones.

**Enrollment Limit:** 12 parent/child groups

**Enrollment Minimum:** 6

**Program Begins:** Wednesday, January 6

**Program Length:** 7 weeks, 6 lessons

**Location:** Shikles Gymnasium

**Registration Deadline:** December 7

**Fee:** \$18 **\*Late Fee:** \$23

**Activity Number:**

272191-1

**Day:**

Wednesday

**Time:**

4:30 p.m.

272191-2

Wednesday

5:45 p.m.

272191-3

Wednesday

7:00 p.m.



### Order Equipment

If you would like to purchase an individual football participant kit instead of providing your own equipment, you may order one through Parks and Recreation. The kit includes: one mini basketball (for dribbling), one soft-bounce basketball (for passing/catching and shooting), four cones, one jersey and a participant's manual. Kits will be handed out at the parent meeting.

**Activity Number:**

272192-1

Basketball Kit

\$31

Individual items may be purchased. To order or for price listing, please call 634-6491.